# Knee Pain Class

**BRANDON MORGAN, CAPT, USAF, BSC**
**STAFF PHYSICAL THERAPIST**
**KEESLER AFB, MS**

# Overview

- Purpose of Program
- Phase Classifications/Exercise Progression
- When am I ready to return to full activity?
- MTL/MTI Concerns
- Summary

# Purpose

- Help you return to full fitness without pain
- Progressive Program
  - Based on individual absence of symptoms
  - Do not get discouraged
- Waiver Program
  - If you attend classes and are demonstrating that you are performing program as instructed you may remain on waiver if determined necessary by physical therapist
  - If you miss appointment or it is obvious that you are not making a personal effort to perform program your waiver will not be renewed
- Expectation
  - Go to gym at least 3x/week on your own time to perform exercises associated with your program

# Phase I – Anterior Knee Pain Phase Classification

- Symptoms: pain with walking <30 min; pain with 1 flight of stairs
- Goals
  - Pain-free with walking >/= 30 min
  - Tolerate up/down 1 flight of stairs
  - Maintain cardiovascular endurance
  - Increase or maintain strength and ROM as appropriate
- Exercises
  - Double Leg Bridging 3x10 (side, front)
  - Side-lying Clams 3x10 (side, front)
  - 4-way Straight Leg Raise  3x10
  - Ankle Plantar/Dorsiflexion with theraband 3x10
  - Resisted Heel Slides with theraband 3x10
  - Gastroc Stretch 60 sec x 1
  - Soleus Stretch 60 sec x 1
  - Hamstring Stretch 60 sec x 1
  - Stationary Bike x 20 min
  - Bench press on ball 3x10
  - Biceps Curls (seated on theraball) 3x10
  - Triceps extensions (seated on theraball) 3x10
- Modality
  - Ice Massage x 10 min or Ice Pack x 15 min

# Phase II – Anterior Knee Pain Classification

- Symptoms: Pain with walking >/= 30 min; pain with 2 flights of stairs
- Goals:
  - Light jog >/= 10 min on treadmill
  - Tolerate up/down 2 flights of stairs
  - Maintain cardiovascular endurance
  - Increase or maintain strength and ROM as appropriate
- Exercises
  - Single Leg Bridging 3x10 (side, front)
  - Side-lying Clams 3x10 (side, front)
  - Wall Sits with Theraband 30sec x 6
  - Bilateral to unilateral heel raises 3x10
  - Steamboats (4-way hip) with theraband 3x10
  - Single Leg Standing Ball Toss to rebounder or with partner 3x10
  - Terminal Knee extensions with theraband 3x10
  - Stair step ups/downs 3x10 (side, front)
  - Gastroc stretch 60 sec x 1
  - Soleus stretch 60 sec x 1
  - Hamstring Stretch 60 sec x 1
  - Stationary Bike progress to elliptical as tolerated x 20 min
  - Bench press 3x10
  - Biceps Curls (seated on theraball) 3x10
  - Triceps extensions (seated on theraball) 3x10
- Modality
  - Ice Massage x 10 min or Ice Pack x 15 min

# Phase III – Anterior Knee Pain Classification

- Symptoms: No pain with walking >/= 30 min; Pain with light jogging < 15 min; Pain with 3 flights of stairs; May walk/jog at own pace during PRT
- Goals
  - Jog on treadmill >/= 15 min without pain
  - Tolerate up/down 3 flights of stairs
  - Maintain cardiovascular endurance
- Exercises
  - Single Leg Bridges 3x10 (side, front)
  - Side-Lying Clams 3x10 (side, front)
  - Wall Sits with theraband 30sec x 8
  - Forward lunges1-2-3-4-5 x 30 feet (side, front)
  - Sideways walking on treadmill x 3 min each direction
  - Retro-walking on treadmill x 10 min
  - Elliptical x 15 min
  - Walk/jog on treadmill begin at 5 min progress as tolerated
  - Gastroc stretch 60 sec x 1
  - Soleus stretch 60 sec x 1
  - Hamstring Stretch 60 sec x 1
  - Stationary Bike progress to elliptical as tolerated x 20 min
  - Bench press 3x10
  - Biceps Curls (seated on theraball) 3x10
  - Triceps extensions (seated on theraball) 3x10
- Modality
  - Ice Massage x 10 min or Ice Pack x 15 min

# Phase IV – Anterior Knee Pain Classification

- Symptoms: No pain with jogging for at least 15 min; Pain with running/jumping; pain with 4 flights of stairs
- Goals
  - Run on treadmill >/= 20 min without pain
  - Tolerate up/down >/= 4 flights of stairs
  - Discharge from Physical Therapy
  - Return to Training
- Exercises
  - Single Leg Bridging 3x10 (side, front)
  - Side-Lying Clams 3x10 (side, front)
  - Wall Sits 30sec x 10
  - Forward walk on treadmill x 5 min
  - Jog/run on treadmill x 15 min or as tolerated
  - Gastroc stretch 60 sec x 1
  - Soleus stretch 60 sec x 1
  - Hamstring Stretch 60 sec x 1
  - Stationary Bike progress to elliptical as tolerated x 20 min
  - Bench press 3x10
  - Biceps Curls (seated on theraball) 3x10
  - Triceps Extensions (seated on theraball) 3x10
- Modality
  - Ice Massage x 10 min or Ice Pack x 15 min

# Return to Full Fitness Activity

- When you demonstrate you have achieved goals in Phase IV
- If you miss an appointment or refuse to follow program

# MTL/MTI Concerns

- They have been briefed on this presentation
- If you are getting questioned, harassed or intimidated by them you need to let me know
- A waiver is an order from an Officer and they do not have any authority to have you disregard that order
- They do not have the necessary medical training to tell you when you are fit to run or not
- I will not discuss any of your medical information with them without your permission
  - It is a matter of privacy and they do not have a right to this information

# Summary

- Purpose of Program
- Phase Classification/Exercise Progression
- When am I ready to return to full activity?
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# Questions?

- http://www.keesler.af.mil/units/81stmedicalgroup.asp